

# Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program  
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945



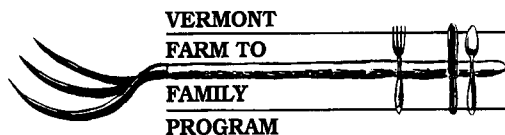
## Vermont Farm to Family Program

The Farm to Family Program gives WIC participants coupons for free, locally grown, fresh vegetables and fruits from farmers' markets.

WIC participants over the age of 6 months are eligible for Farm to Family coupons which are available on a first come, first serve basis.

There is a \$60 maximum benefit per family. Mark your calendar now — attend one of the activities listed here to pick up your coupons. Can't make any of these dates? Go to [www.WICHealth.org](http://www.WICHealth.org) and complete a fun activity involving fruits and vegetables. See the back of this page for directions.

See you this summer!



## Come to a Farm to Family Activity and get your coupons!

**Join us for a fun family activity, recipes and more!**

Activities start promptly at the times listed.

DATE	TIME	PLACE
Wednesday, June 25	come in anytime between 11:00 a.m. and 1:00 p.m.	Emory Hebard State Building 100 Main Street room 250
Wednesday, July 2	10:00 a.m.	Newport Farmers' Market Gardner Park
Friday, July 11	10:00 a.m.	Head Start Building Island Pond
Saturday, July 19	10:00 a.m.	Newport Farmers' Market Gardner Park
Tuesday, July 22	5:30 p.m.	Emory Hebard State Building 100 Main Street room 250
Saturday, August 2	10:00 a.m.	Newport Farmers' Market Gardner Park
Thursday, August 7	2:00 p.m.	Grace Methodist Church Gale Street, Canaan
Wednesday, August 13	10:00 a.m.	Newport Farmers' Market Gardner Park

- Coupons are distributed on a first come, first serve basis.
- Supplies are limited, call ahead for coupon availability.
- For directions to any of the above locations, please call the WIC office.

